

Registration Examination for Dietetic Technicians – Practice Questions

1. Which of the following foods can a patient who needs a wheat-free diet safely consume?
 - A. Graham crackers
 - B. Bran flakes
 - C. Couscous
 - D. Rice

2. Which of the following types of wheat flour has the highest protein content?
 - A. All-purpose flour
 - B. Pastry flour
 - C. Bread flour
 - D. Cake flour

3. Which of the following menus provides the best source of protein and iron for a client on a vegetarian diet?
 - A. Cheese sandwich, apple
 - B. Baked beans, corn bread
 - C. Vegetable stir-fry, hard roll
 - D. Vegetable pasta salad, French bread

4. Which of the following is a critical control point at all stages of food processing and service in a cook-chill system?
 - A. Use of clean pans and dishes
 - B. Rapid cooling from 140°F to 40°F
 - C. Rapid reheating of foods to 140°F for service
 - D. Good personal hygiene for food handlers throughout the process

5. What is the most appropriate biochemical test result for screening clients of a public health clinic for anemia?
 - A. Transferrin
 - B. Hematocrit
 - C. Serum iron
 - D. Total iron-binding capacity

6. What is the minimum temperature to which cooked, chilled, boneless turkey breast should be reheated?
 - A. 140°F
 - B. 155°F
 - C. 165°F
 - D. 180°F

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7. Which of the following visual aids is most likely to be effective in educating clients about the total fat content of foods?
- A. A chart listing total fat content
 - B. Food models that illustrate total caloric content
 - C. A printed nutrient analysis of a sample diet
 - D. Fat models equal to fat content of common foods.
8. The manager of a fitness center introduces a reduced-fat granola bar at a price 25¢ lower than similar items in the center and hands out samples to promote the new product. The situation most appropriately reflects an example of:
- A. target market.
 - B. marketing mix.
 - C. marketing strategy.
 - D. market segmentation.
9. The most effective way to teach a group of children in day care facility about healthy snack foods is to ask each child to:
- A. name a favorite snack food.
 - B. taste a variety of snack foods.
 - C. draw a picture of a snack food.
 - D. write a story about snack foods.
10. Which of the following practices should be implemented by a dietetic technician who wishes to simplify work processes and tasks?
- A. Hire only workers with prior foodservice experience.
 - B. Encourage methods that efficiently use time and effort.
 - C. Review the menu and remove time-consuming food items.
 - D. Include the importance of work simplification in performance evaluations.

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Answer Key and Classification List

Item Number	Domain Classification	Answer Key
1	I.A	D
2	II.C	C
3	I.B	B
4	II.D	B
5	I.B	B
6	II.D	C

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Item Number	Domain Classification	Answer Key
7	I.C	D
8	III.C	B
9	I.C	B
10	III.E	B